



## WARM RAINBOW CHARD AND BERRY SALAD

This beautiful springtime salad makes a great side dish for grilled fish and chicken. Lightly sauté—almost steam—the chard to keep it on the crunchy side instead of braising it completely. This will keep the colour light and bright.

### DRESSING

- 1 large lemon
- 1 tsp (5 mL) honey or palm sugar
- 3 Tbsp (45 mL) extra-virgin olive oil

### SALAD

- 2 bunches rainbow chard (about 1 lb/450 g), washed
- 1 Tbsp (15 mL) butter
- 1 Tbsp (15 mL) extra-virgin olive oil
- 4 garlic cloves, minced
- 1 shallot, minced
- 1 Tbsp (15 mL) red wine vinegar
- Pinches of sea salt (optional)
- 1 1/2 cups (350 mL) small strawberries, whole or cut in half, or raspberries
- 398 mL (14 oz) can cannellini beans or butter beans, drained and rinsed
- 1/2 cup (125 mL) pepitas (optional)

For dressing, finely grate 1 1/2 tsp (7 mL) peel from lemon and squeeze out 1/4 cup (60 mL) juice into bowl. Whisk in honey, then olive oil. Set aside.

Strip leaves from chard stems. Coarsely chop leaves and cut stems on the angle.

Heat butter and olive oil in large, wide skillet set over medium heat. Add garlic and shallot. Sauté until soft, about 5 minutes.

Add chard ribs; cover and cook for 1 to 2 minutes. Working in batches, add chard leaves and stir just until wilted. Stir in vinegar and season with salt, if using. Remove from heat and gently fold in berries and beans. Drizzle with vinaigrette and sprinkle with pepitas, if using.

Serves 6.

Each serving contains: 195 calories; 6 g protein; 11 g total fat (3 g sat. fat, 0 g trans fat); 19 g total carbohydrates (3 g sugars, 7 g fibre); 317 mg sodium >>